

ASEE Active! and Sunrise Gentle Yoga

U60 - ASEE ACTIVE! GROUP WALK/RUN EVENT

Sun., June 25, 2017 6:30 AM – 7:30 AM
Arnold (Schwarzenegger) Statue
N. High St. in front of the Convention Center

M460 - ASEE ACTIVE! GROUP WALK/RUN EVENT

Mon., June 26, 2017 6:30 AM – 7:30 AM
Arnold (Schwarzenegger) Statue
N. High St. in front of the Convention Center

T760 - ASEE ACTIVE! GROUP WALK/RUN EVENT

Tue., June 27, 2017 6:30 AM – 7:30 AM
Arnold (Schwarzenegger) Statue
N. High St. in front of the Convention Center

FREE TICKETED EVENT

Looking for people to run or walk outdoors with? Don't know the local scene?

Meet up with your colleagues at the Arnold (Schwarzenegger) statue on N. High St. in front of the convention center at 6:30 am and we'll head out on a group run/walk highlighting the Scioto Mile, which contains more than 175 acres of active greenspace along the Scioto River in the heart of Columbus. Pace and distance will be determined based on attendee preference; there will be at least one walking group and one running group available. All runners and walkers are welcome!

ASEE Active! is endorsed by the Ad Hoc Committee for Interdivisional Cooperation and the Connecting Us Team of the ASEE Board's Strategic Doing initiative, and is focused on building community among ASEE members through participation in healthy recreational activities.

U160G - SUNRISE GENTLE YOGA

Sun., June 25, 2017 7:00 AM – 7:45 AM
Hyatt Regency South Foyer, Hyatt Regency Columbus

M160E - SUNRISE GENTLE YOGA

Mon., June 26, 2017 7:00 AM – 7:45 AM
Hyatt Regency South Foyer, Hyatt Regency Columbus

T160G - SUNRISE GENTLE YOGA

Tue., June 27, 2017 7:00 AM – 7:45 AM
Hyatt Regency South Foyer, Hyatt Regency Columbus

Start your day with a renewing stretch and meditation class!

Join your friends and colleagues as we jump-start our day.

(Mats and exercise clothes are not required.)